

Camp Sessions - 2022:

Slow Stretch Yoga to Ready Ourselves for Meaningful Change – Kathy Bolte Accompanied by the beautiful ambient sounds of Bombay Rain (Nick & Eddie Young)

As we prepare for a weekend of stepping out of our comfort zones to embrace change, we'll need to be courageous and curious. But before we muster up our courage, let's sink into a deep yin space. From this space of slow, deep movement and purposeful stillness, Kathy will invite our bodies, minds and spirits to become ready to expand into meaningful change.

Handpan Guided Meditation – Eric Christopherson

Join Eric as he guides you through a relaxing guided meditation, accompanied by the beautiful sounds of his handpan. The mesmerizing vibration of this unique instrument is the perfect accompaniment to guide you into a deep state of relaxation. You'll be fully ready for a blissful night of sleep, and a weekend of embracing change.

Meditation for Auspicious Beginnings & Removing Obstacles – Kathy Bolte

All you early risers, join Kathy to learn a simple mantra for the purpose of opening us up to auspicious beginnings. The energy of this mantra also removes obstacles that might be in your way as you become ready to embrace the changes in your life. Kathy will teach you the meaning of the mantra, how to pronounce it, then we'll chant it together.

Daily Rituals for Embracing Change – Jacquie Freeman – Keynote (part 1)

Change is one thing we can count on in life but sometimes change can seem rather difficult. We get complacent, comfortable. Why should we stretch out of our comfort zone when we are feeling like things are okay? How can we step out of that comfort zone and lean in to making changes that make our lives better?

Jacque will help us explore what we truly want, and let go of our limiting beliefs. Throughout this session you'll do work that will address your physical, spiritual, mental and emotional self. You'll learn daily rituals that you can rely on, that will help connect you to Your Higher Power. These changes can propel you to living your life feeling more empowered, peaceful, filled with more clarity and joy. Who's ready to embrace change?

Cultivating Awareness to Embrace Change—Angela Andiorio and Nathan Gabor

There are poses in yoga you love and embrace, and poses you despise and pull back from—but one constant in the practice of yoga is that you continually shift from one posture to the next, just as you do in life. Vinyasa, means “transitions” in Sanskrit. As a philosophy, Vinyasa refers to the awareness of the impermanence of things. You enter into an asana, experience what it has to offer and then it dissolves as you transition into yet another pose. Join Nathan and Angela as they co-lead an artfully created yoga class of breath, meditative postures and mindful transitions while cultivating awareness and guiding you to embrace change and integrate your experience.

Embrace Change by Embracing Who You Are – Jen Stillion

In this session, you will discover the real abundant YOU by using self-care practices such as: EFT Tapping, visualization, guided meditations and dancing! This is a fun interactive experience to help you embrace change, heal, manage your energy and attract abundance easily and effortlessly!

Changing Relationships Through S.E.L. (Social Emotional Learning) – Kristina Cotran

Are you interested in growing your social-emotional skills to connect more deeply in your relationships? Come to learn actionable strategies that can change your communication skills to be more mindful and more compassionate. We will work in partners to develop our skills of active listening and take an “empathy” nature walk to connect with one another. We will work on our awareness of our basic feelings and needs, and use these to practice the process of Non-Violent

Communication. This session will ask for engaged participation through partner work and rol-play; bring an open mind and an open heart, as Kristina leads your journey into embracing and building your emotional intelligence (E.Q).

When Heroes Fall: Loss, Change, & Finding the Guru Within – Karen May

It's undeniable – 2020 was a year of losses for many. Whether it is loss of a loved one, loss of a way of life, loss of naivety, or the loss of a beloved yoga practice after being rocked by scandal, loss can be very disorienting. Accepting change, finding the beauty in the lessons, and reconnecting with your inner teacher can help ground us as we move forward. In this session we'll find our new “sea legs” with some grounding practices and meditations to help us let go, embrace change, and find the guru within ourselves in the midst of change and chaos.

Musical Meditation in the Pines – Nick Young & Eddie Young

Sometimes the very best thing we can do for ourselves is to lay back, close our eyes and sink into a deep state of relaxation. In this session, Nick & Eddie will lead you into this deep state with a guided meditation accompanied by the unique sounds of their beautiful music.

Cello & Voice, an evening concert – Kathy Bolte & Eddie Young (with Karen May, Kristina Cotran, Eric Christopherson & Nick Young)

In April of 2020, Kathy and Eddie produced their 4th album – “Cello & Voice – Mantras of Consciousness”. This was a special collaboration because all songs were composed featuring only Kathy's vocals and Eddie's cello. It was an homage to Divine Consciousness. Just as it was ready for release, covid hit the world and brought everything to a screeching halt. Because of covid, Kathy & Eddie never got to launch their beautiful album. Now, here at yoga camp, with their friends, they'll finally get to release their album into the world.

Relax & Release: Ease Into Change with a Guided Gong Meditation – Karen May

The first task in embracing change is accepting loss and letting go of attachments to "what was." The Gong is used as an instrument of healing in many traditions, facilitating release at the cellular level. Gong meditations typically take participants through a journey that begins with some explanation and some basic Pranayam and/or Yoga to prepare the body and the nervous system, and then guide students into a deep relaxation as the symphonic gong is played for an extended meditative rest, cleansing the mind and expanding the spirit. *".... It is typical of Gong Immersion participants to report spontaneous healing, physical and emotional release, the result being both a sense of relaxation and of energy."* –Don Conreaux

Reflections & Commitment to Change for Whole Living – Jacquie Freeman – Keynote (part 2)

Let's take a look at the vision we have for ourselves after spending this beautiful weekend together at Yoga and Whole Living Camp. During this session, you will reflect on the changes you want to see and experience in your life. Through a deep visualization exercise you'll become clear on what you see for yourself and you'll see the changes you'll be making so you can get there. Studies have shown that when we write and share our commitments with others, it helps solidify the changes we are making. In this last session, we'll have an opportunity to help others and ourselves as we listen, support and encourage change.

Art Session: Creating Prayer Flags of Change – Melody Mills

Let your freak flags fly in an art session with Melody Mills as she guides you through the creation of your own "Pray Flags of Change" to take home and hang in your garden, or in your home.